



# Murray Senior Recreation Center

2021

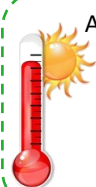
Recreation for 55+

August

## Welcome to Cory Plant, the new Director of the Murray Senior Recreation Center



Beginning on July 26, Cory Plant will be the new Director of the Murray Senior Recreation Center replacing Tricia Cooke. Cory has worked for the Murray Parks and Recreation Department for the past 37 years as Recreation Director. He started with Murray in 1984. Cory is a graduate of the University of Utah with a Bachelor of Science Degree in Exercise Sports Science and a Master's Degree in Sports Management. When Cory first started with the city, there were only 20 Recreation programs. Today, he personally has seen the Department grow to offering over 100 programs encompassing different types of sport and recreation programs. He personally oversaw the development, construction, and management of The Park Center in Murray Park (Recreation Center). Cory feels working for the city has been the best decision he has ever made. Cory grew up in Murray and went to Murray High School. He is married to Suzanne Owen and is the father to 5 children and has 4 grandchildren. Cory's greatest passion is coaching high school basketball which he has done for 30 years. He currently is the Head Varsity Coach at Skyline High School. Cory also officiates High School Football, now entering his 32nd year. His love and passion for sports has provided him with many opportunities to be involved with various sports organizations throughout his life. Cory loves gardening, riding bicycles, reading, martial arts, and meeting people. His greatest attribute is his ability to learn something about everyone he meets. He believes that building relationships is one of the most important things people can do in life. Cory is excited for this career change and looks forward to being part of the team at the Murray Senior Recreation Center.



All thermostats are programmed with a set temperature. Please plan ahead accordingly by dressing in layers. (i.e. bring a fan or a sweater)



#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
Website: murray.utah.gov  
Director: Cory Plant

**Monday – Friday**  
8:00 – 4:30

**Thursday**  
8:00 – 9:30

**Saturday – Sunday**  
Closed

### Next Center Closures

Monday, Sept 6      Labor Day

### Upcoming Special Events

Monday, Sept 13	Open House & Concert
Wednesday, Oct 20	Oktoberfest
Monday, Nov 8	Veterans' Brunch
Wednesday, Nov 17	Thanksgiving Meal
Friday, Dec 3	Holiday Boutique

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### Murray City Administration

Mayor Blair Camp  
 Parks and Recreation Director: Kim Sorensen  
 City Council:  
 Kat Martinez, District 1  
 Dale Cox, District 2  
 Rosalba Dominguez, District 3  
 Diane Turner, District 4  
 Brett Hales, District 5

### Murray Senior Recreation Center Staff

Director	Cory Plant
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Amber Matern
Ceramics	Cindy Mangone
Chef	Omar Limon
Custodian	Annie Gardner
Building Attendant	Karl Schatten

### Advisory Board

**Chair:** Richard Clark  
 Lynn Anderson Christine Clark  
 Max Derrick Susan Hatcher  
 Becky Harris Ed Houston  
 Sandra Jones Karl Schatten

## Heritage Senior Adults, Inc.

**DONATIONS** made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc., which is a 501(c)3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Each time you swipe your rewards card at Smith's we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to the Heritage Center (#80274).

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

## Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. A printed copy is available at the Murray Senior Recreation Center, online at [murray.utah.gov](http://murray.utah.gov), or mailed to your home for a \$20 yearly subscription fee. A suggested donation of \$1 per issue is appreciated for the copies picked up at the Murray Senior Recreation Center. *Newsletters are archived online.*

You may make a **RESERVATION** for yourself and one friend for programs and trips as long as payment accompanies the reservation. If you pay for a friend, you are responsible for taking care of any cancellations and/or refunds with the friend.

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. As a general rule, the policy to receive a full refund is two business days for classes or services, five business days for day trips or special events, and six weeks for overnight trips.

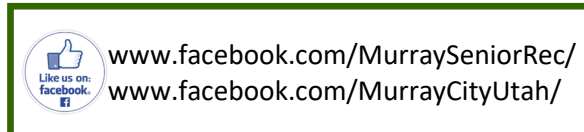
The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three business days in advance.

**ANIMALS** are not allowed on the premises of the Murray Senior Recreation Center except service animals as defined by Utah Code. The service animal must be wearing its service vest or the individual needs to present the animal's identification card at the Front Desk.

April Callaway is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our **ADVISORY BOARD** meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is time provided for comments.



## History Class

On **Tuesday, August 10** at **10:30**, Jim Duignan, who originally hails from Dublin, Ireland, and is a retired history teacher, will discuss **ANCIENT ROMAN ROADS**.



Roman roads were physical infrastructure vital to the maintenance and development of the Roman state, and were built from about 300 BC through 476 AD. They provided efficient means for the overland movement of armies, officials, civilians, inland carriage of official communications, and trade goods. At the peak of Rome's development, no fewer than 29 great military highways radiated from the capital, and the late Empire's 113 provinces were interconnected by 372 great roads. The whole comprised more than 250,000 miles of roads, of which over 50,000 miles were stone-paved. The courses (and sometimes the surfaces) of many Roman roads survived for millennia; some are overlaid by modern roads.

This is a **free** class. [Register now.](#)

## Recycling Class

On **Wednesday, August 11** at **10:30**, Mercedes Anto from ACE Recycle and Disposal will be at the Center to discuss ways to improve your **RECYCLING** skills at home and at the Center. Recycling has become synonymous with environmental sustainability since 1970, but is it the best solution to our waste problem? Join Mercedes, sustainability director of ACE Recycling and Disposal, to learn about how the recycling system works, how global recycling markets impact Utah, and new initiatives being introduced that are trying to get a handle on our nation's waste. All of us can make small improvements to help the environment. This is a **free** class. [Register now.](#)

## Estate Planning Basics

On **Tuesday, August 17** at **10:30**, Kate Nance, elder law attorney and former Grant Coordinator for the Utah Department of Human Services, will offer a class called **ESTATE PLANNING BASICS**. How is a trust different from a will? Can I avoid probate? Do I need a power of attorney? Get answers to these questions and more. This is a **free** class. [Register now.](#)

## Grief Support Class

On **Friday, August 20** at **10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in our **GRIEF SUPPORT CLASS**. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now.](#)

## Vital Aging – Secrets to Wellness

On **Tuesday, August 31** at **10:30**, the **VITAL AGING** wellness topic will be **SECRETS TO WELLNESS**. Do you want to know how to maximize your health and live the best life you possibly can? It all starts with setting wellness goals. This is a **free** class. [Register now.](#)

If you would like to talk with Kayla from the Vital Aging project regarding any personal problems or issues, she will be available a half-hour prior to the class. Let the Front Desk know if you are interested.

## Painting Classes

John Fackrell's six-week **WATERCOLOR** class will focus on the art of Georgia O'Keeffe beginning **Monday, September 20** through **Monday, October 25** at **9:00-12:00**. Cost is **\$33**. [Register now.](#)



This summer John travelled to the Georgia O'Keeffe Museum located in Santa Fe, New Mexico. This museum is dedicated to her life, art, and legacy. Georgia is one of the most significant artists of the 20th century and is renowned for her contribution to modern art.

John and Joan Fackrell's six-week **ART APPRECIATION/BEGINNING WATERCOLOR** class begins **Monday, September 20** through **Monday, October 25** at **1:00-3:30**. Cost is **\$33**. [Register now.](#)

Jeanette Morris' eight-week **PAINTING** class ends on **Wednesday, August 4**. A new eight-week class will begin on **Wednesday, September 8** through **Wednesday, October 27**. Cost is **\$40**. [Register now.](#) Jeanette is an experienced teacher and paints in both watercolor and oils; she also has some experience with pastels and acrylics.

## Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for those with all experience levels. The cost is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesdays** at **12:45-4:00** to share their skills, knowledge, and to socialize. Newcomers are always welcome. Bring your ideas and projects to share.

## Computer Lab

The **COMPUTER LAB** has six computers running Windows 10. Computers are available anytime a group class is not being held. There is no charge to use the computers. We ask that users sign in and list the computer they are using. Any printing costs **5¢** per page (collection box is in the computer lab).

## Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday, August 17** and **August 31** at **1:00, 2:00, and 3:00**. Bob can assist with computers or mobile devices (except Apple products).

Alex Orton has a one-hour **INDIVIDUAL HELP** appointment on **Fridays** at **9:00**. Alex can assist with computers or mobile devices including Apple products.

Ashton Snelgrove has one-hour **INDIVIDUAL HELP** appointments on **Fridays** at **10:00** and **11:00**. Ashton can assist with computers or mobile devices including Apple products.

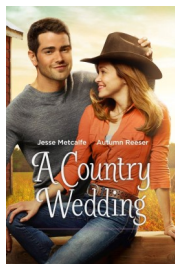
Cost is **\$3** per computer class appointment. Registration and payment needed in advance.

**FAMILY HISTORY TRAINING WORKSHOP** will resume **Wednesday, August 4** and run through **Wednesday, September 1** from **12:30-1:30**. Glen Sisam's Family History Training Team is pleased to resume this five-week course. This course is a great way to get your genealogy started or to expand your family's history. This is a **FREE** class. Space is limited to six participants. Register now.

## Hallmark Movies on Mondays

We can all use a feel-good, escapist 1½-hours a week. Join us every **Monday** at **1:30** for **HALLMARK MOVIES ON MONDAYS**. No registration required.

### Monday, August 2 – A Country Wedding



A famous country singer, set to marry a glamorous Hollywood actress, returns to his small-town roots. When he crosses paths with his childhood sweetheart – and finally feels inspired to write songs again – he re-examines his life, his values, and the meaning of true love.

### Monday, August 9 – The Wedding March



After two decades apart, college sweethearts Olivia and Mick are reunited when Mick is booked as the singer at Olivia's wedding to another man.

### Monday, August 16 – Rome in Love



An unknown actress lands the role of a lifetime after being cast in a remake of *Roman Holiday*. Once in Rome, she meets a reporter/porter/waiter/aspiring novelist, who gets the exclusive story on her. In the eternal city, she discovers the surprises of love and life.

### Monday, August 23 – Love on Iceland



Seeking inspiration for work, Chloe gathers her college travel group back together for a trip to Iceland. When her ex, a member of the group, shows up uninvited, sparks fly.

### Monday, August 30 – Paris, Wine & Romance



Isabella, the owner of her family's Oregon winery, enters a prestigious wine competition in Paris. There she meets her biggest competitor, Jacques, from one of the world's foremost winemaking families. Impressed by Isabella and her expertise in wine, a budding romance develops between them.



## Summer Family Concert Series

Below is the schedule for our 2021 Summer Family Concerts that are held on the **2nd Monday** at **7:00 pm**. These concerts are **free** for all ages and are held in our Backyard Plaza (or inside, if needed). Doors open at 6:00.

**Monday, Aug 9** **FLASHBACK BROTHERS** (*classic rock*)

**Monday, Sep 13** **RED DESERT RAMBLERS** (*bluegrass*)

### Family Concert: Flashback Brothers

The **FLASHBACK BROTHERS** will take you back to the days when bands played for dances and events. They are a group of seasoned musicians who grew up playing and dancing to live music. These five musicians have been playing together since May of 2005. Individually they represent many years in various Classic Rock Bands. You will hear classic rock hits from the 50's, 60's, 70's, and 80's; every song is a guaranteed crowd pleaser!

Sam Keele (lead vocal), Randy Bills (keyboards and vocals), Joel Craft (drums, percussion, and vocals), McKay Crockett (guitar and vocals), Steve Keele (bass guitar and vocals), and Mike Newman (lead guitar and vocals).



### Flashback Brothers

August 9, 2021  
7:00 PM  
Murray Senior Recreation Center



### Special Event: Open House

Mark your calendar for the Center's annual **OPEN HOUSE** in honor of National Senior Center Month on **Monday, September 13** from **5:30-8:00**. This special event is open to all ages.

We will be having a barbequed rib dinner with baked beans, coleslaw, and dessert that is served anytime from 5:00-6:30. **DINNER** tickets are available now for purchase at the front desk and must be purchased prior to August 31. The cost is **\$8** per person.

The free **FAMILY CONCERT** begins at 7:00 pm.

# Murray City Happenings

## Evening Series – Murray City Amphitheater

Tickets available online [murraycity.smashpass.com](http://murraycity.smashpass.com), at the Murray Parks and Recreation office, or at the gate.

August 6-7, 9, 12-14 at 8:00 pm

**Disney's Newsies** – \$10 Adult, \$8 Child/Senior

Wednesday, August 11 at 7:30 pm

**The Jenny Oaks Baker Violin & Cello Workshop Concert**, featuring Jenny Oaks Baker & Family Four – \$10 General Admission

Saturday, August 21 at 8:00 pm

**Clayton Smalley Band** – \$10 General Admission

Friday, August 27 and Saturday, August 28 at 8:00 pm

**"A Celtic Summer's Night"** – \$15 General Admission

Monday, September 6 at 8:00 pm

**Imagine: Remembering the Fab Four** – \$10 General Admission

Friday, September 10 and Saturday, September 11 at 8:00

**Broadway Tribute for Kids** – \$10 Adult, \$8 Child/Senior



**MURRAY CITY** UTAH



**MONDAY, AUGUST 16, 2021**  
**6:00 PM TO 9:00 PM**  
**MURRAY CITY PARK**

Fire and Police Department Exhibits

Police Motorcycles

CERT & CPR Information

Vacation Checks

Fire Sprinkler Burn Demonstration

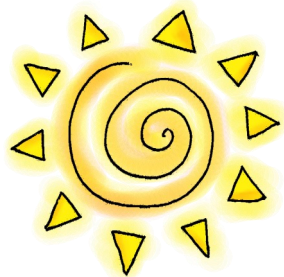
Public Works Information

Helicopter Ambulance

Music ... and more

# AUGUST

## Monthly Calendar



### Murray Senior Recreation Center

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov

Website: murray.utah.gov

Director: Cory Plant

**Monday – Friday**

8:00 – 4:30

**Thursday**

8:00 – 9:30

**Saturday – Sunday**

Closed

## MONDAY

7:30 **GOLF:** Old Mill **2**  
9:00 NIA  
10:00 Yoga  
11:00 Chakra Meditation  
1:30 **Hallmark Movie**  
**A Country Wedding**  
2:00 Strength Conditioning

9:00 NIA **9**  
10:00 Yoga  
11:00 Chakra Meditation  
1:30 **Hallmark Movie:**  
**The Wedding March**  
2:00 Strength Conditioning  
7:00 **Family Concert**

7:30 **GOLF:** Eaglewood **16**  
9:00 NIA  
10:00 Yoga  
11:00 Chakra Meditation  
1:30 **Hallmark Movie**  
**Rome in Love**  
2:00 Strength Conditioning

9:00 NIA **23**  
10:00 Yoga  
10:15 **Brunch Café**  
11:00 Chakra Meditation  
1:30 **Hallmark Movie**  
**Love on Iceland**  
2:00 Strength Conditioning

7:30 **GOLF:** Davis Park **30**  
9:00 NIA  
10:00 Yoga  
11:00 Chakra Meditation  
1:30 **Hallmark Movie**  
**Paris, Wine & Romance**  
2:00 Strength Conditioning

## TUESDAY

8:30 Ceramics **3**  
9:30 Advanced Line Dance  
10:30 Tai Chi  
11:30 Lunch  
12:30 Overall Fitness Class  
12:45 Crafters  
1:00 Canasta  
2:00 Beginning Line Dance

8:30 Ceramics **10**  
9:30 Advanced Line Dance  
9:30 **Toenail Clipping**  
10:30 **History Class**  
10:30 Tai Chi  
11:30 Lunch  
12:30 Overall Fitness Class  
12:45 Crafters  
1:00 Canasta  
1:00 **Legal Consultation**  
2:00 Beginning Line Dance

8:30 Ceramics **17**  
9:30 Advanced Line Dance  
10:30 Tai Chi  
10:30 **Estate Planning Basics**  
11:30 Lunch  
12:30 Overall Fitness Class  
12:45 Crafters  
1:00 Canasta  
1:00 Computer Help  
2:00 Beginning Line Dance

8:30 Ceramics **24**  
9:30 Advanced Line Dance  
10:30 Tai Chi  
11:30 Lunch  
12:30 Overall Fitness Class  
12:45 Crafters  
1:00 Canasta  
2:00 Beginning Line Dance

8:30 Ceramics **31**  
9:30 Advanced Line Dance  
10:30 Tai Chi  
10:30 **Vital Aging**  
11:30 Lunch  
12:30 Overall Fitness Class  
12:45 Crafters  
1:00 Canasta  
1:00 Computer Help  
2:00 Beginning Line Dance

WEDNESDAY		THURSDAY		FRIDAY	
9:00 Painting	4	8:30 Ceramics	5	9:00 Zumba	6
9:15 Pinochle		10:30 Tai Chi		9:00 Haircuts	
10:00 Yoga		11:30 Lunch		9:00 Computer Help	
11:15 Chair Aerobics		2:00 Strength Conditioning		11:15 Chair Aerobics	
11:30 <b>Birthday Wednesday</b>		3:00 Readers Theater		11:30 Lunch	
12:30 <b>Family History</b>		7:00 Evening Yoga		12:30 Overall Fitness Class	
12:45 Bingo		7:00 Evening Social Dance		12:45 Bingo	
1:00 Bridge				1:00 Bridge	
				2:30 <b>Payson Salmon Supper</b>	
9:00 Open Painting	11	8:30 <b>Wendover</b>	12	9:00 Zumba	13
9:15 Pinochle		8:30 Ceramics		9:00 Computer Help	
10:00 Yoga		10:30 Tai Chi		11:15 Chair Aerobics	
10:30 <b>Recycling Class</b>		10:30 <b>Blood Pressure Clinic</b>		11:30 Lunch	
11:15 Chair Aerobics		11:30 Lunch		12:30 Overall Fitness Class	
11:30 Lunch		2:00 Strength Conditioning		12:45 Bingo	
12:30 <b>Family History</b>		3:00 Readers Theater		1:00 Bridge	
12:45 Bingo		7:00 Evening Yoga			
1:00 Bridge		7:00 Evening Social Dance			
9:00 Open Painting	18	8:30 Ceramics	19	9:00 Zumba	20
9:15 Pinochle		10:30 Tai Chi		9:00 Computer Help	
10:00 Yoga		11:00 <b>Summer at Brighton</b>		10:30 <b>Grief Support Class</b>	
11:15 Chair Aerobics		11:30 Lunch		11:15 Chair Aerobics	
11:30 Lunch		2:00 Strength Conditioning		11:30 Lunch	
12:30 <b>Family History</b>		3:00 Readers Theater		12:30 Overall Fitness Class	
12:45 Bingo		7:00 Evening Yoga		12:45 Bingo	
1:00 Bridge		7:00 Evening Social Dance		1:00 Bridge	
				1:00 <b>Medicare Counseling</b>	
9:00 Open Painting	25	8:30 Ceramics	26	9:00 Zumba	27
9:15 Pinochle		10:30 Tai Chi		9:00 Haircuts	
10:00 Yoga		11:30 Lunch		9:00 Computer Help	
10:30 <b>Advisory Board Meeting</b>		1:00 <b>Clark Planetarium</b>		11:15 Chair Aerobics	
11:15 Chair Aerobics		2:00 Strength Conditioning		11:30 Lunch	
11:30 Lunch		3:00 Readers Theater		12:15 <b>Readers Theater Performance</b>	
12:30 <b>Family History</b>		7:00 Evening Yoga		12:30 Overall Fitness Class	
12:45 Bingo		7:00 Evening Social Dance		12:45 Bingo	
1:00 Bridge				1:00 Bridge	

## Bingo

**BINGO** is played every **Wednesday** and **Friday** at **12:45**. Bingo is **free**, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

**NOTE:** *The bingo cards will be available at 12:30 each Wednesday and Friday. Tables will be called randomly to pick up cards before the start of bingo.*

The bingo program is operated by donations. Please help the program maintain quality prizes by donating. The suggested donation amount is **\$1** for 1-3 cards played or **\$2** for 4-6 cards played.

A special **THANK YOU** to **Village Inn** for donating pies each week, to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month, and **AMG Senior Medical Group** for sponsoring bingo on the last Wednesday of each month.

## Cards

**BRIDGE** play is on **Wednesdays** and **Fridays** at **1:00-4:00**. Some players arrive early to practice and pair with first round partners. If an even number of players are not available when play begins, the last person to arrive will be rotated in or three-handed bridge will be played.

**CANASTA** is played on **Tuesdays** at **1:00-4:00**. Beginners are welcome, all games are free, and anyone can join in on the fun.

**PINOCHLE** tournaments are held on **Wednesdays** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

## Readers Theater

The **READERS THEATER** troupe meets every **Thursday** from **3:00-4:00**. Readers Theater is a style of theater where actors perform their craft using vocal expression to help the audience understand the story. The plays usually run anywhere from 10 to 20 minutes. Performances are usually during lunch at 12:15 on the last Friday each month. Come and join in the fun!



## Evening Social Dance

**DANCE** to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency that provides the refreshments and door prizes. Thank you to Tony Summerhays, Cottonwood Creek Assistive Living, and Shirley Kerr for July dance donations.

## AARP Smart Driving Class

Currently available online at [aarpdriversafety.org](http://aarpdriversafety.org)

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month beginning again in September. The next class will be on **Tuesday, September 28** from **9:30-2:30**. [Register now](#).

The cost is **\$20** for AARP members and **\$25** for everyone else. The instructor will collect the fee. Make checks payable to AARP. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

## Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

## Senior Golf League

The Murray Senior Recreation Center's **55+ SENIOR GOLF LEAGUE** is in full swing. The annual league fee is **\$10** per person.

Aug 2	7:30	<b>Old Mill</b>	\$48
Registration begins on Friday, July 16			
Aug 16	7:30	<b>Eaglewood</b> (Scramble)	\$48
Registration begins on Friday, July 30			
Aug 30	7:30	<b>Davis Park</b>	\$48
Registration begins on Friday, August 13			
Sept 13	8:00	<b>The Ridge</b>	\$49
Registration begins on Friday, August 27			



## Haircuts

Jocelyn Anderson will provide **HAIRCUTS** on **Friday, August 6** and **August 27** starting at **9:00** and appointments are every 20 minutes. Haircuts cost **\$9** and is due at time of scheduling. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Limited to 10 appointments. Cancellations need to be made two working days in advance for a refund.

## Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Tuesday, August 10** from **9:30** to **12:00**. The cost is **\$11**. Payment is required at time of scheduling; register now.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

## Legal Consultation

An attorney is available for a 30-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be available on **Tuesday, August 10** from **1:00** to **3:00**. Advanced appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

## Blood Pressure Clinic

Monique at Harmony Home Health and Hospice will be conducting a **BLOOD PRESSURE CLINIC** on **Thursday, August 12** from **10:30** to **12:00**. No appointment necessary.

## Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Friday, August 20** from **1:00** to **2:00**. Advance appointments are required. Bring documents related to your questions. Bill Barron from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. This is a **free** service.

## Birthday Wednesday

Celebrate your **BIRTHDAY** on the **FIRST WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you are turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you have hit a decade! There is free cake and ice cream for everyone to enjoy, too.



*A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!*

## Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Monday, August 23** from **10:15-12:00**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

*A special thank you to Memorial Mortuaries and Cemeteries for volunteering as the Brunch servers.*

## Daily Lunch – No Reservation Required

We will no longer require lunch reservations. Just come **Tuesday-Friday** between **11:30-12:30** and enjoy lunch. The cost is **\$4** and payment is made with the cashier before going through the kitchen for your lunch.

Please try to social distance while standing in line. Be patient with each other and with the staff. Our baseline numbers for those wanting lunch are 15 months old and we are trying to anticipate how many entrées to make each day. No matter what, there will be food available to purchase for lunch so no one leaves hungry!



## In Memoriam

There is a memorial bulletin board located along the windowed hallway. We have posted the names of those senior participants that have passed since January 2020. Please take a moment to view the names and remember our absent friends. If we missed anyone, please let us know.

## Exercise Classes for the Month of August

### NIA (\$10)

Mondays 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

### YOGA (Monday – \$10, Wednesday – \$10, Both – \$20)

Mondays and Wednesdays 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

### STRENGTH CONDITIONING (\$20)

Mondays and Thursdays 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

### TAI CHI (\$20)

Tuesdays and Thursdays 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

### EVENING YOGA (\$10)

Thursday Evenings at 7:00 pm-8:00 pm

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

### ZUMBA (\$10)

Fridays 9:00-10:00

This class involves dance and aerobic movements performed to energetic music.

### CHAIR AEROBICS (FREE)

Wednesdays and Fridays 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

## Exercise Room for the Month of August

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$5** per month, or **free** if you have Silver Sneakers or Silver & Fit.

## University of Utah Students

The University of Utah Exercise and Sports students will be here every Tuesday and Friday at 12:30-1:30 beginning **September 3**. They offer an overall fitness class and personal training.

In the meantime, a volunteer will teach the **OVERALL FITNESS CLASS** at **12:30** on **Tuesdays** and **Fridays**. This class can help improve fitness levels and increase endurance, balance, and stretching abilities.

The overall fitness class is included with the exercise room fee of **\$5** per month. [Register now.](#)

## Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

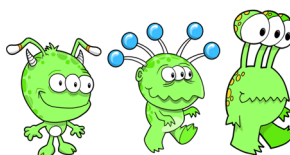
The eight-week session will continue through **Monday, August 30** at **11:00-12:30**. The cost is **\$20** for the eight-week session.

## Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCE** is held on **Tuesday** at **9:30** for advanced dancers or **Tuesday** at **2:00** for beginners. The cost is **\$10** per month or **\$20** for both classes. [Register now.](#)

## Walking Club Destination ... Roswell, NM

Our summer **WALKING CLUB** goal is to “walk” 775 miles to **ROSWELL, NEW MEXICO**. Cost is **\$12** and participants will receive a 2021 t-shirt. Free pedometers available upon request. We will supply walking routes and tips. Chart your progress as we walk to Roswell from April through October. [Register now.](#)



Check out our Lobby wall tracking everyone's progress!!

## BUS TRIP REMINDERS

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- **Bring a mask** for trips as some destinations may still require them.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip host will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

## Pickleball Tournament

If you play Pickleball, or want to play Pickleball, join us for a fun, free "Blind Draw" **PICKLEBALL TOURNAMENT** on **Thursday, September 9** and **Friday, September 10** on our outdoor Pickleball courts. Prizes will be given for the top teams. *This is for Murray Senior Recreation Center participants only.* We will draw the teams out of a hat and play starts at **8:00**. When not playing, enjoy finger foods, drinks, and a game of Cornhole on the patio. This is a **free** tournament. *Tournament registration deadline is Thursday, September 2.* *Sponsored by Boomer Pickleball*

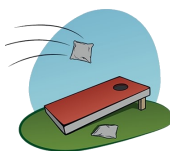


## Outdoor Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game. Play **OUTDOOR PICKLEBALL** every weekday from 8:00 am to 4:30 pm. This is a **free** sport. *Please sign the clipboard by the courts so we know who is using the courts each day.*

## Cornhole

Some of you might have played the bean bag toss game known as **CORNHOLE**. Prior to the pandemic, we had a few sets of Cornhole boards built. The boards will be set-up on our patio each day. See Wayne if you want to learn to play or have questions. Come and play!



## Payson Salmon Supper

Join us for the 67th annual **PAYSON SALMON SUPPER** on **Friday, August 6**. We have chartered a 52-passenger bus that will depart at **2:30** and the cost is **\$32**. *Register now; limited space available.*

## Wendover

Travel to **WENDOVER** on **Thursday, August 12**, and enjoy a day at the Rainbow Casino. The cost is **\$20** per person which includes transportation, free bingo on the bus, and a bonus package that includes \$5 Luck Bucks, \$5 off meal coupon, \$5.50 cocktail, and \$20 free play coupon. ***The buffet is no longer included or available.*** The bus will depart the Center at **8:30 am** and return about **7:00 pm**. *Register now.* The deadline to register or cancel for a full refund is Thursday, August 5. *The next Wendover trip is Thursday, October 14.*

## Summer at Brighton

Get out of the heat and travel up Big Cottonwood Canyon on the Center bus and enjoy the cool air and scenery at **BRIGHTON**. As in days past, Brighton summers are easy and laid back. The Center bus will make a trip to Brighton on **Thursday, August 19** at **11:00**.



*Lunch is on your own at the Milly Chalet.* With a new smokehouse/BBQ inspired menu, the Chalet offers food that almost competes with the beautiful views. Cost is **\$6**. Wear your walking shoes to enjoy the boardwalk around Silver Lake. *Registration begins Wednesday, August 4.*

## Clark Planetarium: Antarctica 3D—BBC Earth

**ANTARCTICA 3D** is a sweeping, 3D Giant-Screen IMAX production. Antarctica is a land of mystery and yet what happens here affects every single one of us. With never-before seen footage, our story brings audiences to the farthest reaches of this wild and majestic continent. It is the coldest, driest, and windiest place on Earth with the roughest oceans and yet, weird and wonderful creatures thrive here in astounding abundance. Antarctica is the perfect fit for the Giant Screen, and a great place to be on a hot summer day!

The Center bus will leave at **1:00** on **Thursday, August 26**. The return is about 4:00 pm. Cost for this trip is **\$12**. *Registration begins Wednesday, August 11.*

# AUGUST LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>NO LUNCH</b>	3 <b>BLT SANDWICH</b> Tater Tots Chocolate Chip Cookie	4 <b>SALISBURY STEAK</b> Mushroom Gravy Mashed Potatoes Roasted Carrots Birthday Cake and Ice Cream 	5 <b>CHICKEN STRIPS</b> Corn on the Cob Biscuit Cocktail Fruit	6 <b>ROAST TURKEY</b> Potatoes Au Gratin Veggies Green Salad Cherry Pie
9 <b>NO LUNCH</b>	10 <b>CRUNCHY TACO</b> Rice Green Salad Churro	11 <b>BAKED CHICKEN</b> Mixed Veggies Rice Pilaf Roll Ice Cream	12 <b>GRILLED CHEESE</b> Tomato Soup Chips Oatmeal Raisin Cookie	13 <b>GRILLED PORK CHOP</b> Yams Green Salad Apple Crumble Dessert
<p>Lunch is served Tuesday-Friday at <b>11:30 to 12:30</b>  <b>Main Entrée price is \$4</b>            Pay the cashier in the kitchen and then go through the lunch line            Sandwiches or salads available as alternatives upon request</p>				
16 <b>NO LUNCH</b>	17 <b>PIZZA</b> Chips Green Salad Chocolate Chip Cookie	18 <b>BISCUIT AND GRAVY</b> Scrambled eggs Sausage Patty Fruit	19 <b>CHEESY BEEF MACARONI CASSEROLE</b> Green Salad Roll Ice Cream	20 <b>SPAGHETTI AND MEAT SAUCE</b> Garlic Toast Green Salad Creamie
23  <b>10:15-12:00</b>	24 <b>BEEF STEW</b> Mashed Potatoes Green Salad Dinner Roll Cake	25 <b>CHICKEN SOFT TACO</b> Rice Beans <i>special dessert donated by AMG</i>	26 <b>GRILLED CHICKEN CHEF SALAD</b> Crackers Brownie	27 <b>SALMON</b> Rice Pilaf Steamed Broccoli Roll Ambrosia Salad
30 <b>NO LUNCH</b>	31 <b>HERO SUB SANDWICH</b> Tater Tots Green Salad Creamie			